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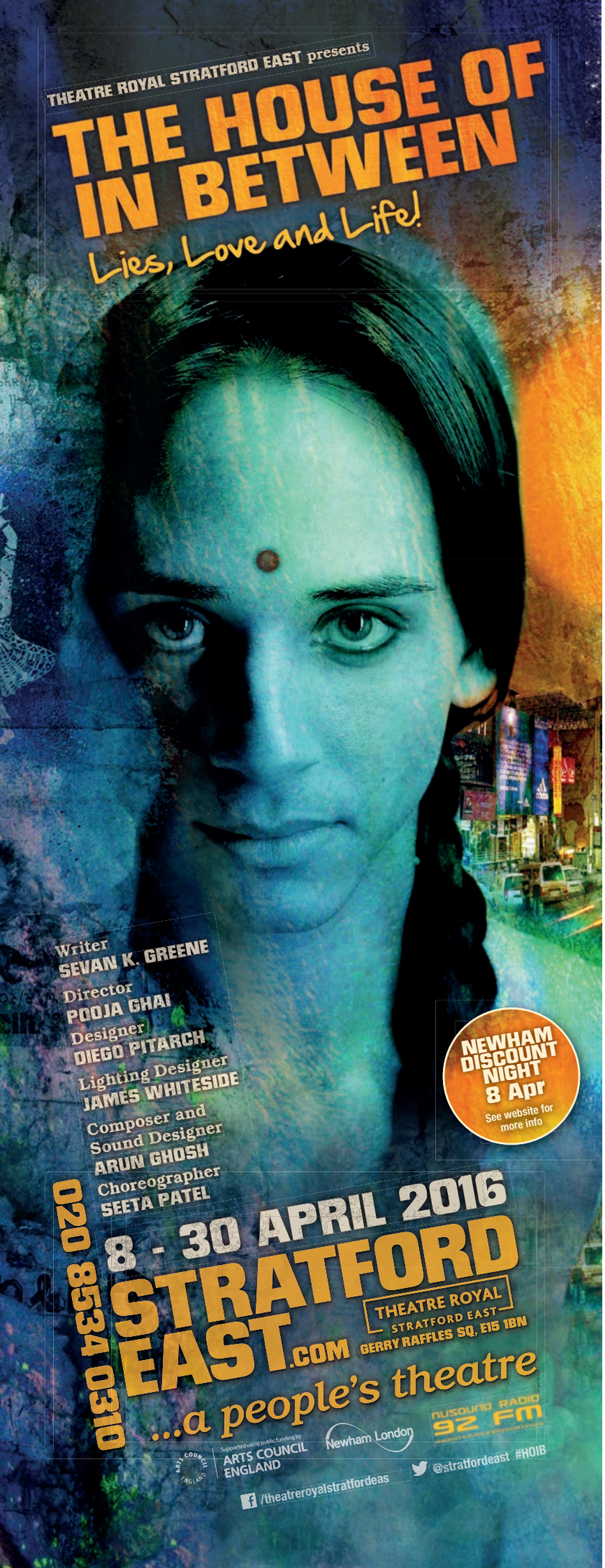
thenewhammag

issue 337 // 24 March – 8 April 2016 // Every fortnight

Prabha's passion for cleaning

Man who is making a difference! (p16)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the newham mag

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View the mag online at **www.newham.gov.uk/mag**

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24 March 2016 // **issue 337**

In this edition of the Newham Mag you can meet an inspirational member of our community who wants us all to take up our brooms and clean up our acts (p16).

Read how the bravery of one former East Ham resident during the First World War earned him the Victoria Cross (p8) and discover the future that awaits the Boleyn Ground in Upton Park once the final ball has been kicked by West Ham United (p9).

First-time voters should heed the advice of one of our young people and make sure they are registered to take part in the elections this year (p11). See what the new Atherton Leisure Centre in Stratford offers residents who want to get fit and active (p12).

If you are a dog owner, from April your pet will need to be microchipped. See what you need to do (p15). Our Young Mayor and Youth Council are offering activities next month to support the social and mental wellbeing of young people. Find out where they are happening (p19). If you can identify any of the latest batch of litter droppers from the pictures taken by our enforcement officers, please get in touch (p21).

Councillor Ian Corbett
Mayoral adviser for environment and leisure

Keep in touch with Newham Council via:
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Newham London

Love Newham? Download the free Love Newham app and report a range of environmental issues. Visit **www.newham.gov.uk/lovenewham**

IN BRIEF //

Renew your Freedom Pass

Newham residents with Freedom Passes need to act for passes due to expire on 31 March. Failure to renew will mean that it will stop working on 31 March or even sooner.

If you have not renewed your Disabled Persons Freedom Pass yet, go to East Ham Customer Service Centre and Library in Barking Road for a reassessment.

You can renew Older Persons Freedom Passes online before 31 March at **www.freedompass.org** or call London Councils on **0300 330 1433.**

Call for housing sites

Newham residents are invited to take part in a Call for Sites exercise to identify potential housing locations for the next London Plan.

The London Strategic Housing Land Availability Assessment runs until 30 June. Submitted sites will be assessed by planners from Newham Council and the Greater London Assembly.

If you know of an under-used site in Newham that might be suitable for housing or mixed-use development incorporating housing, visit **www.london.gov.uk/what-we-do/planning/london-plan/london-plan-full-review/call-sites-2016-shlaa**

Don't bottle it up

Residents who are concerned about the level of alcohol they are drinking are invited to take a free alcohol test.

Alcohol can affect health in a number of ways, including liver disease, cancer, stroke, memory loss, sexual difficulties, depression and accidents.

You can take a quick and confidential test at **www.dontbottleitup.org.uk** or if you need further support, contact Newham Rise, the free drug and alcohol service, by emailing **newham.referrals@cri.org.u**k or calling **0800 652 3879**.

Young sample sporting life

Councillors enjoy the fun

More than 200 primary school pupils were given a taste of the sporting life at a multi-activity festival organised by Newham Council's Stratford and West Ham Community Neighbourhood Team, developers Lendlease and charity SportInspired.

During the event, held at Chobham Academy, children enjoyed trampolining, wall ball, table tennis, handball and athletics. They were then asked to choose which ones they would like to see in their schools.

More than 40 Young Leaders from Chobham Academy put the pupils from three local schools through their paces. There was also advice on healthy food. Newham councillors Ken Clark, Mas Patel, Forhad Hussain and John Whitworth, and Lendlease community development manager Jason Vincent presented medals.

Councillor Clark said: "We are committed to helping all of our residents lead healthy and active lives. A key part of this is getting children involved in sport. This event was a massive success."

Brave nurse is saluted

Wreaths are laid

The heroism of a volunteer nurse who died on active service during the First World War has been commemorated in a stone-setting service at Plashet Jewish Cemetery in East Ham.

Edith Hilda Munro began nursing at Albert Dock Seaman's Hospital in Custom House. She became part of the Voluntary Aid Detachment nursing group, founded in 1909, that worked in war zones. While nursing soldiers she contracted acute bronchopneumonia leading to heart failure. She died on 12 December 1916, aged 23.

She was buried privately in East Ham. Researchers from the Association of Jewish Ex-Service Men and Women (AJEX) and Commonwealth War Graves Commission recognised Edith as a war casualty and her gravestone was re-consecrated.

Newham Council chair and civic lead, Councillor Joy Laguda, Councillor Bryan Collier, and council chief executive Kim Bromley-Derry laid poppy wreaths. Councillor Laguda, a former nurse, said: "The stone is a lasting memory to Edith's valour."

News

Pupils study the world

Cllrs Laguda and Patel present certificates

Newham councillors Joy Laguda and Mas Patel helped children from Plaistow's Curwen Primary School travel around the world without even leaving their classrooms.

The councillors attended International Week celebrations, which included a citizenship assembly that mirrors the British citizenship ceremony. They spoke about what it takes to be a great leader and helped classes to elect their own leaders.

Children and parents prepared traditional dishes from around the world, which they took into school. There was also a fashion show of traditional national dress and a carnival. Children who took part received certificates.

Councillor Patel said: "We were pleased to be able to help pupils celebrate diversity and culture and learn about countries that they might never have known about before. We were very excited to be part of International Week."

New jobs in store

Cllr Laguda helps cut the ribbon

The chair and civic lead of Newham Council, Councillor Joy Laguda, opened a new store in Beckton that has created 60 jobs for local people.

Based in the Triangle Retail Park off Claps Gate Lane, the B&M discount store offers branded and own label products including toys, food and drink and seasonal ranges.

Visitors to the opening were treated to a host of special celebrations, including branded giveaways and a face painter. As part of the store's Local Hero initiative, representatives from Beckton's Richard House children's helped Cllr Laguda cut the ribbon. The hospice also received shopping vouchers worth £250.

Store manager Luke Emin said: "We have been feeling really positive about the creation of new jobs for local people and we hope our customers are delighted with their new store."

BBC Two documentary exploring Victorian era filming in Stratford

Newham Council is helping to arrange filming in Stratford for a new BBC Two documentary series that takes modern-day Britons back to the late Victorian era.

From 28 March, families, couples and individuals will live in a large building in the area and be expected to earn enough to put food on the table, pay their rent and keep a roof over their heads.

The programme will look at what life was really like for poor Victorians, with participants discovering the complex history that changed Britain's attitude to poverty forever.

During the three-week filming period, there will be people in period dress in Stratford. Participants will have to earn a living through traditional trades like tailoring and candle-making and will sell flowers, food and soap on Stratford's markets. The series will be aired later this year.

Committed to achieving equality

I was very proud to help celebrate International Women's Day earlier this month by being able to thank the women of Newham for the economic, cultural and social contributions they make to our community.

Our borough has a proud history of talented, passionate and active women who have made a real difference across many different areas of society, and more than 400 people came to the Town Hall in East Ham to hear about their contributions.

Women enjoyed the event

> "From jobs and pay, to sports and education, equality is still something that needs to be fought for and in Newham we are committed to making this happen."

The theme of this year's International Women's Day was parity. This is something that is very important to me, both as a politician but also as a citizen.

Fairness and equality are fundamental to my vision and our approach as a council. We believe in making sure our residents have the same opportunities as those in wealthier parts of the country. We work hard to celebrate the diversity of our borough, but we are clear about what we have in common and our responsibilities to each other, and we are committed to making sure everyone has a fair chance to lead full and active lives and contribute to society.

You can see this vision in Newham's Workplace, which has helped more than 29,000 people into work and in our Every Child programme, which opens up a host of academic, cultural and sporting opportunities to give all children the best start in life. You can also see it in our work to improve the quality of our environment, from housing to waste, so families can live in an area that feels safe and well cared for.

Much has changed during the many years that we have been observing International Women's Day, but we know that barriers still remain. From jobs and pay, to sports and education, equality is still something that needs to be fought for and in Newham we are committed to making this happen.

That's why our event on International Women's Day was not just about celebrating achievements of women, but also inspiring others to follow their dreams and achieve their ambitions.

Mayor's view

Discover a love for reading

It was so good to see more than 300 children at Stratford Library enthralled by two of the biggest names in children's publishing, Michael Rosen and Chris Riddell.

Michael, best known for his multi-award winning book, We're Going On a Bear Hunt, and children's laureate author and illustrator Chris, read from their new book, A Great Big Cuddle. Chris also did some live drawing, including a quick sketch of me.

The event was organised by the Discover children's storytelling centre in High Street, Stratford, as part of it's Big Write Festival. The event also promoted Newham's Reading Guarantee, which helps primary school children from five to seven to improve their reading.

Discover do a fantastic job in supporting our Reading Guarantee. Reading is the gateway to learning and enjoyment and it is vital in ensuring our children have the best chance possible of fulfilling their potential.

We all have a collective responsibility to work hand in hand to support our children in their learning, and Discover is the perfect venue for them because it combines fun, play and art with education, literacy and reading.

The centre will be closing between April and July to allow some changes to be made to the venue, including a new story trail, space for pre-school children, a Dr Seuss exhibition and a café. And, even more exciting, they will be working with our Community Neighbourhood teams, to bring The Librarian, an interactive theatre production into some of our libraries. Don't miss it.

With Michael Rosen, centre, and Chris Riddell

Affordable housing is the goal

Our residents should be at the heart of all regeneration projects in Newham and I am committed to ensuring they are the ones who benefit, whether it is through securing homes that they can afford to live in, priority for jobs or enjoying quality community and public spaces.

That's why I intend to look at investing £18 million to raise the percentage of affordable housing in the Boleyn Ground development in Upton Park, up to 35 per cent.

Developers must always try to offer affordable housing as part of any regeneration proposals they bring us. I will do all I can to ensure as many homes as possible are within reach of our residents.

with Sir Robin Wales

Salute for VC hero

On Monday 11 April a commemorative stone will be laid in the Cenotaph area of Central Park, High Street South, East Ham, honouring Victoria Cross (VC) recipient Edgar Kinghorn Myles.

Residents are invited to attend the ceremony, which takes place at 10.15am. It is part of a series of events honouring Newham's five First World War VC recipients, with commemorations occurring near the time of the 100th anniversary of their acts of bravery.

Mayor Sir Robin Wales said: "The Victoria Cross is the highest military decoration awarded for acts of valour in the face of the enemy. The paving stones offer a lasting legacy of heroes within our community."

Edgar was born on 23 July 1894 in Milton Avenue, East Ham. He went to Shrewsbury Road Board School and then to East Ham Technical College. His first job was as a junior clerk with the Port of London Authority.

In August 1914 he joined the 8th Battalion of the Welsh Regiment and became Second Lieutenant. Throughout the First World War he actually served with the 9th Battalion of the Worcestershire Regiment in the Gallipoli campaign and other actions.

It was at Sanna-i-Yat in Mesopotamia (present day Iraq), while attempting to relieve the town of Kut on 9 April 1916, that Edgar's bravery led to the award of his VC. Aged 21, he went out alone, under heavy fire, on several occasions to assist wounded men lying in the open. While carrying an officer to a safe place, he was hit by enemy fire but managed to bring him back.

After the war Edgar formally transferred to the Worcestershire Regiment and in 1923 went to the King's Liverpool Regiment and became Captain. He retired from the Army in 1928. He died in 1977 in Devon.

Newham's VC recipients

Lieutenant George Drewry
Act of Bravery: 25/26 April 1915

Captain Edgar Myles
Act of Bravery: 9 April 1916

Boy Seaman First Class Jack Cornwell
Act of Bravery: 31 May 1916

Lance-Corporal Harold Mugford
Act of Bravery: 11 April 1917

Second Lieutenant Bernard Cassidy
Act of Bravery: 28 March 1918

East Ham Cenotaph

Hat-trick of homes, jobs and legacy

When West Ham United's move to the former Olympic Stadium was agreed, the priorities for the regeneration of the Boleyn Ground in Upton Park were housing, jobs, community spaces, and the honouring of the club's 112-year association with the site. Newham councillors are making sure that happens.

The council's Strategic Development Committee resolved to grant approval for Barratt Homes and Galliard Homes to turn the stadium in Green Street into a high quality residential development.

The decision followed robust negotiations by the council because the developers initially offered no affordable housing on the site. A revised offer of 25 per cent affordable housing was approved, equating to 211 homes out of 842 planned for the site. Additionally, the developers promised to include a community neighbourhood centre for local residents.

It is anticipated that 155 jobs will be generated through the construction of the site and another 30 after completion through commercial and community opportunities created.

Mayor Sir Robin Wales has also announced an intention to invest £18 million to provide a further ten per cent of affordable homes, which the council would ensure are offered at rents that residents can afford. It is anticipated the money would come from affordable housing funding available to the council, including from other regeneration projects.

After the final ball is kicked, the ground will be demolished and replaced with 15 blocks of new homes and a community neighbourhood centre. Two 13-storey blocks will reflect the castle tower gatehouses, which currently greet visitors to the stadium. Low rise blocks will mark the location of the current stands.

A pedestrianised legacy route will be included through the centre of the development. The halfway line and centre circle of the existing pitch will form part of the route and there are proposals to retain some of the existing stands. Trees that form the current memorial garden by the main gates of the stadium will be kept.

Councillor Ken Clark, chair of the Strategic Development Committee and executive member for building communities, public affairs, regeneration and planning, said: "We've worked with the developers to maximise the affordable housing offer and have always made it clear the redevelopment must work for the whole community."

take the alcohol test

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dontbottleitup.org.uk

DON'T BOTTLE IT UP

HAGA with you in recovery

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FREE

London Borough of Newham
MANOR PARK
COMMUNITY NEIGHBOURHOOD

Newham London

Back in the swim of things

The new look £14.7 million Atherton Leisure Centre re-opens at 8am on 2 April, offering a modern, state-of-the-art venue that has something for people of all abilities. In doing so, the 21st century version will be preserving the legacy of those who built the original swimming baths in the 1930s.

The new centre, built on the site of the original one in Romford Road, has a 25-metre, six-lane main pool and a 20-metre training pool, a gym with the latest exercise equipment, two fitness studios, a group cycling studio, café, crèche and a soft play area.

It will be managed on behalf of Newham Council by leisure provider activeNewham. It has advanced pieces of gym equipment that offer a full body workout over 12 different fitness stations and an innovative barbell weights system that helps work muscles harder and for longer. The centre will also offer a wide range of group exercise classes.

> "This state-of-the-art centre is a fantastic addition to the wide range of sport and leisure opportunities we provide across the borough for people of all ages and abilities."

Residents will need to book to use the pools on the centre's opening weekend, but they will then be available for a range of lessons for adults and children and sessions and times when they are open for everyone to use. Details of how to book will be on the activeNewham website **www.activeNewham.org.uk**

Councillor Ian Corbett, mayoral advisor for environment and leisure, said: "The multi-million investment in this new centre shows our commitment to providing our residents with every possible opportunity to lead fit and active lives.

"The old centre needed a major facelift to encourage people to use it and enjoy the benefits of regular exercise. This state-of-the-art centre is a fantastic addition to the wide range of sport and leisure opportunities we provide across the borough for people of all ages and abilities.

"Hundreds of people have already signed up to become members. I am sure when our residents see the array of high quality facilities and classes available many more will follow their lead."

The building has step free access throughout the centre with a lift to upper floors. The teaching pool has an adjustable floor to increase and decrease its depth and there is a platform lift to help disabled swimmers get into the water.

The centre also uses the latest technology to turn waste heat into electricity, which will help power the centre as well as reusing the rainwater collected on the roof.

Although the original premises were called West Ham Municipal Baths, with three swimming pools, it was hoped it would become a multi-activity sports centre offering a variety of sports in addition to water-based exercise. The baths were opened in June 1934 by the then mayor Alderman Herbert Rumsey, with the largest pool, 100ft by 35ft, being converted during the winter months so that it could be used by boxers, wrestlers, ballroom dancers and for indoor bowling. It was the pride of West Ham and was ranked as one of the finest establishments of its kind.

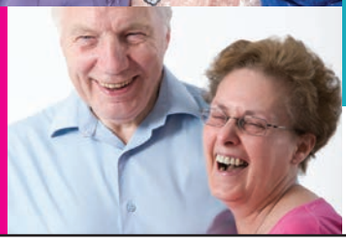
During the winter of 1935-36, for the first time in the history of West Ham, schoolchildren used the baths during the winter season for swimming as part of their curriculum. It was renamed the Atherton Centre in the 1980s.

Then and now

Above: A view of the original swimming baths and the new £14.7million venue; West Ham Municipal Baths in the 1930s and an external view of the new facility.

Right: Young boxers from the 1950s; Indoor bowling in the converted baths.

For more information on the new Atherton Leisure Centre, including a video and how to become a member, visit **http://www.activenewham.org.uk/Atherton**



Newham London

Celebrating WORLD AUTISM AWARENESS DAY

Monday 4 April, 10.30am – 2.30pm

St Mark's Centre, 218 Tollgate Road, Beckton, E6 5YA

Free

All are invited to come along and enjoy

- Information and advice from experts
- Networking opportunities
- Activities
- Inspirational real life stories
- Music and poetry

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email: **commissioning.assistant@newham.gov.uk**
call: **Sandra Herman** on **020 3373 9788**

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Get Moving with activeNewham

Throughout the year come and join activeNewham in two great new ways for the whole family to get active together.

Make Your Move

Weekly fun jogging sessions in the parks for all ages – including babies in buggies!

www.activenewham.org.uk/make-your-move

Great Run Local Newham

Sunday morning informal runs in New Beckton Park, Savage Gardens, E6 5NB

www.activenewham.org.uk/athletics

Both of these activities are FREE

To find out more call **0300 124 0123**†, drop into your local leisure centre or visit **www.activeNewham.org.uk**

†This number is charged at the same rate as calls to normal landlines (those that start with 01 or 02). It is included in call allowances, bundled talk time or "free" minutes the same way as regular landline numbers.

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active newham

Newham's animal welfare officers

Beat the deadline – get your dog microchipped

If you are a dog owner you have until 6 April to make sure your dog is microchipped. From that date it will a legal requirement for owners to make sure their dogs are microchipped and registered to an approved database by the time they are eight weeks old. The penalty for anyone who breaks the law could be a fine of up to £500.

Newham Council provides a free microchipping service for dogs owned by residents as part of a scheme to make sure owners are responsible for their pets.

However, if you are a dog owner and have not yet got your dog microchipped you can still get this done for free by booking an appointment with the Animal Welfare Team.

Microchipping is a simple and painless procedure that involves putting a special chip the size of a grain of rice into your dog's neck, so it can be identified if it strays or is stolen. It will also make your dog less attractive to thieves as the microchips cannot be removed, making the animal easier to trace should they go missing.

To find out if your dog needs to be microchipped, or to check if you are registered as the correct owner, book an appointment and get your dog scanned. You will then be told what you need to do to meet the requirements of the new law. As the owner it is your responsibility to notify your database of any changes in dog ownership and address.

For more information or to get your dog microchipped, visit **www.newham.gov.uk/dogmicrochip**

How can I book an appointment?

To book an appointment with the Animal Welfare Team call **020 8586 9739** or email **animal.welfare@newham.gov.uk**

If you are a council tenant you will need to get permission before you can own a dog. Newham Council does not allow banned breeds so you need to make sure your dog is from a reputable rescue home or breeder.

To get permission, contact the Housing Compliance Team on **020 3430 2000** or email **Housing.ComplianceTeam@newham.gov.uk**

Pathmanathan Prabhananda

Prabha makes a clean sweep

Keeping the borough clean is an important part of Newham Council's recently announced New Deal for residents. Part of our deal with you is that we organise community clean-up days through our Community Neighbourhoods. Your deal with us is that you join in. One East Ham resident is already doing his bit.

Pathmanathan Prabhananda, better known as Prabha, has been tending to the pavements, streets and on occasions, the front gardens, of homes near his East London Electronics shop in Colvin Road, East Ham, every morning since 2013.

He joined neighbours and community groups when they rolled up their sleeves to take part in the recent Clean for The Queen day. Councillors and East Ham MP Stephen Timms turned out to lend a hand and residents of sheltered housing schemes Oakwood and Acorn Courts provided tea and biscuits for the assembled cleaners.

Prabha said: "This is my long time passion. We all have to get together and set an example. If I can do it, other people can do it too. I have lived in Newham for 34 years so I have a connection. I just want to give something back. For me it is not just about the community. I also want to do something for the earth.

> "We all have to get together and set an example. If I can do it, other people can do it too."

"It takes time but everybody can give a hand, old and young and children too. They can all come together. People can keep an eye on the street or their front gardens. They shouldn't throw rubbish on the street. Treat the street as if it's your home – it's all planet Earth."

Prabha gets to his shop early and by 8am has begun his rounds of the streets around his shop. Since he began his community work, Prabha has only had a break due to ill health . Even then, after three or four months he said he had to come back.

He said: "If you think that there are 100 candles in a room, to get them all to work you need to light the first one. I want to be the first candle, the one that lights all the others."

Councillor Ann Easter, lead councillor for East Ham, said: "Prabha cleans his road every day and we thought that was so fantastic that we wanted to honour him and his efforts.

"When I lived near the White Horse pub opposite Central Park, my mum, every Saturday morning would always 'do the front' – you know, sweeping and dusting, not only her own path but the pavement outside. When the person next door was too ill to do hers, she would do theirs as well. And so did other people. Some people nowadays don't feel the ownership of it."

> "It makes a big difference and people really appreciate it and you can see the improvement."

East Ham Central ward councillor Julianne Marriott, said: "As well as cleaning the roads every morning Prabha's always chatting to everyone and knows everything that's going on. He's a real local lynchpin. We had a great Clean for The Queen event but the real reason people came was to thank Prabha who cleans for East Ham every day."

East Ham MP Stephen Timms said: "He has been doing this for some time, organising people locally to clean up. It makes a big difference and people really appreciate it and you can see the improvement."

Lawrence Road resident Charva Nathan said: "He cleans every day and he does it on his own, every morning, at 8am. He does not only the street but the front gardens. He tells people not to drop rubbish and one day he chased away a man who was throwing rubbish, and told him to not to do it again."

For more information about the clean ups taking place in your area, contact Newham Council's Community Neighbourhoods Team on 020 3373 6829 or by email on community.neighbourhoods@newham.gov.uk

New Deal For Newham

Cllr Shah, centre, hosts the event

Unsung heroes are recognised

The successes of Newham's women and the contributions they make to society were celebrated at a Newham Council event to mark International Women's Day.

More than 400 people attended throughout the course of the event at Newham Town Hall in East Ham, where the stories of ten women and their economic, cultural and social achievements were highlighted. They were:

Iram Mirza – who set up the East Ham Women group, which now has 300 members

Sharon Blackwood – a foster carer for 23 years who has also been involved in volunteering at East Ham's Brampton Primary School and the New Way homeless project

Amtul Siraj Gazala – a trained facilitator for the Family Links charity who has run three parenting classes and volunteers at two local mosques

Irina Pskovitina – a volunteer at the Sputnik Association of Russian speaking women since 2008. She is also choirmaster of Forest Gate children's Sunshine Choir

Malathy Muthu – project manager of Skills Enterprise, a charity supporting vulnerable people

Seema Bejwa – a mentor and a trainer

Kelly Drake – chair of the Newham branch of the National Childbirth Trust for six years. She helped run the borough's first PlayStreet initiative where roads are closed to allow children to play

Anita Virk – organiser of the Circle of Mums Community Group, which holds activities for 45 members including health awareness, healthy eating. She also runs sewing classes in her local library

Olive Innerarity – a volunteer at her local community centre since she retired in 2011

Hannah Duthie – helped set up a women's group at Bonny Downs Baptist Church in East Ham and accompanies those with limited English to medical appointments.

Councillor Lakmini Shah, mayoral adviser for domestic and family violence, presented the women with flowers.

She said: "Newham has a proud history of talented, passionate and active women who have made an impact across many different areas of society. Events like this celebrate achievements but inspire others to achieve their ambitions."

YOUNG MAYOR'S MISSION – MAKING YOU MENTALLY FIT

Young Mayor of Newham Alex Jarrett and the Youth Council are offering a range of activities for 11 to 18-year-olds in the borough.

What they all have in common is the fact that they support the social and mental well being of young people. Alex believes young people need advice and counselling on various issues including mental health.

She said: "Mental Health is a prominent issue in Newham and I believe more can be done to support young people at an earlier stage. One of my manifesto points this year is to ensure that my peers receive advice and support in their schools and communities. I also want to make sure that young people can access opportunities to help with their mental wellbeing." Activities include:

Peace of Mind
Get involved in activities including Yoga, Tai Chi, Meditation and Mindfulness helping to boost your physical and mental wellbeing.

Let's Chat
Let's Chat group sessions will be supported by a professional organisation and will give you the chance to chat with other young people about what causes stress and the tactics that can be used to overcome it.

Student to Student Support
The Youth Council will also be on hand to help, in libraries in the borough, to provide information on future opportunities and to support you with your school work.

Peace of Mind
Youth Yoga, Mon, 18 Apr, 6-7.30pm, East Ham Library
Meditation, Weds 27 Apr, 5-7pm, The Gate
Mindfulness, Thurs, 21 Apr, 5-7pm, Canning Town Library
Tai Chi, Tues, 19 Apr, 4.30-6pm

Let's Chat
Fri, 22 Apr, 7-8pm, Forest Gate Youth Zone
Weds, 20 Apr, 6-7pm, Beckton Globe Youth Zone
Thurs, 21, Apr, 4-5pm, Little Youth Zone
Tues, 19 Apr, 7-8pm, Shipman Youth Zone

Student to Student Support
Mon, 11 Apr, 5-7pm, East Ham Library
Tues, 12 Apr, 5-7pm, Stratford Library
Weds, 13 Apr, 5-7pm, Green Street Library
Thurs, 14 Apr, 5-7pm, Canning Town Library
Mon, 18 Apr, 5-7pm, Beckton Library
Weds, 20 Apr, 5-7pm, The Gate
Tues, 26 Apr, 5-7pm, Manor Park Library

For more information call 020 3373 2536 or email young.mayor@newham.gov.uk or visit www.newham.gov.uk/MindTheFuture

Newham London

Revised Bank Holiday refuse and recycling collection days

Collection day	Revised collection day
Monday 21 March	Saturday 19 March
Tuesday 22 March	Monday 21 March
Wednesday 23 March	Tuesday 22 March
Thursday 24 March	Wednesday 23 March
Friday 25 March	Thursday 24 March
Monday 28 March	Tuesday 29 March
Tuesday 29 March	Wednesday 30 March
Wednesday 30 March	Thursday 31 March
Thursday 31 March	Friday 1 April
Friday 1 April	Saturday 2 April

To check recycling collection dates for your area please visit **www.newham.gov.uk/myneighbourhood** and enter your postcode into the search. Please note that most recycling collections are fortnightly.

recycle

visit **www.newham.gov.uk/recycling**

Newham London

Share your views and help improve Newham through better connections and neighbourhoods for local people.

PASTA
PHYSICAL ACTIVITY THROUGH SUSTAINABLE TRANSPORT APPROACHES

You can earn rewards for your time.

www.newham.gov.uk/pasta

This project has received funding from the European Union's Seventh Framework Programme for research, technological development and demonstration under grant agreement no 602624-2

Newham London

Download the free **Love Newham** smartphone app **now**

Search for **Love Newham** in your app store

Love Newham.
Love Clean Streets.
www.newham.gov.uk/lovenewham

Mayor of Newham

Don't let litterbugs or anyone rubbish Newham

Fly-tipping and littering is a challenge for every local council and in Newham we strive to ensure our streets are clean and safe for residents as well as visitors. That's why we take a pro-active approach to street cleansing.

Part of our New Deal for residents is action against those who dump rubbish in the borough. Last month our enforcement and safety officers presented 20 prosecution cases to magistrates at Thames Court.

In addition, we are reinforcing our street cleaning services to provide a more targeted weekend service so that our streets are looking their best when residents are able to enjoy them.

We are also investing an additional £1million in beefing up our enforcement team to crack down on fly-tipping hotspots. Using high visibility patrols and covert operations we will catch those who blight our streets and haul them before the courts where they can face fines of up to £50,000.

The pictures on this page show people we want to question about anti-social behaviour offences. If you recognise anyone please call **020 3373 4479** and quote the reference number beside the image.

To the people pictured here, our message is simple – we will use every power at our disposal to track you down and prosecute, including publishing a photograph of you if we need to establish your identity. Contact us now and maybe you will be able to avoid prosecution.

Ensuring your anonymity

Newham Council is committed to tackling crime and anti-social behaviour in partnership with the police and other agencies. If you provide information regarding identities:

- **you will not be required to provide your name**
- **you will not be required to leave your contact details**
- **you will not have to make a statement**

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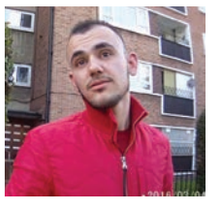
Ref: 90016675

Ref: 90016688

Ref: 90039776

Ref: 90040604

Ref: 90016640



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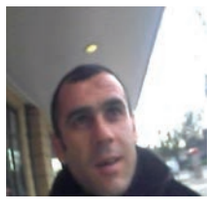

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Ref: 90039754

Don't put up with rubbish. Don't drop it and if you see it report it. To get it cleared up report it online at www.newham.gov.uk/MyNewham or download the Love Newham app by visiting www.newham.gov.uk/lovenewham

Call 020 3373 4479 and quote the reference number beside the picture.

CAUGHT ON CAMERA

OUR NEWHAM

Walking for peace

Forest Gate peace walkers

People from all walks of life gathered to take part in a peace walk around Forest Gate.

As many as 100 people, undeterred by rain, took part in the event, including local councillors, religious leaders and neighbourhood police.

The walk was organised by Faithful Friends, an interfaith group based in Forest Gate, to give people an opportunity to deepen and celebrate their friendships across different faith communities in the area.

The short walk of around one and a half miles took in eight different places of worship, including Sunni and Shia Mosques, Protestant and Catholic Churches and finished at the Sikh Gurdwara.

Rev Dr Chigor Chike, Director of Faithful Friends, said: "It is important that we use every opportunity to show that we all share a common humanity. In every religion there are people committed to peace. When we walk like we are doing today, we show commitment to the community."

The group finished with a special meal together at the Sikh Gurdwara where they were welcomed by the President of the Gurdwara Mr Baldev Singh Sehmbi.

Faithful Friends meet regularly. To find out more contact Rev Dr Chigor Chike on **07905155494** or **chigor.chike@sky.com** or go to **http://www.faithfulfriends.org.uk**

Fund opens for good causes

Community projects that help Newham residents build confidence and develop skills to improve their lives can apply for funding from the Aspers Good Causes Fund grant programme.

This year applicants can apply for small grants, under £1,000, or larger grants of up to £8,000. The closing date for applications to the 2016 programme is 5pm Thursday 7 April.

The fund was set up by Newham Council and Aspers Casino in Stratford to support community projects that help residents build confidence and skills and improve community life.

The grant programme opened in 2013 to organisations working in the fields of education, art, dance, music, sport and the environment. A total of 44 projects have since been successfully awarded grants.

Organisations should be based or working in Newham and projects must benefit the borough's residents.

To apply or to get more information, go to **www.newham.gov.uk/goodcauses** or email **goodcausesfund@newham.gov.uk**

Successful grant applicants with Mayor Sir Robin Wales

School to help train next generation of teachers

St Bonaventure's School in Boleyn Road, Forest Gate, has been chosen to become a National Teaching School.

Teaching Schools take a leading role in recruiting and training new entrants to the profession. They identify and develop leadership potential; provide support for other schools, and work with schools across their alliance to raise standards.

St Bonaventure's is one of 54 schools in England to be granted teaching school status in the latest round, taking the total with the status to more than 700. Introduced in 2011, Teaching Schools are all rated as "outstanding".

They raise standards through supporting other schools, engage in research and development, and ensure that the most talented school leaders are spotted and supported to become successful headteachers.

Paul Halliwell, head teacher of St Bonaventure's, said: "It is really exciting to be able to develop and influence the next generation of exceptional school teachers. As a National Leader of Education I am looking forward to working with and assisting colleagues across the country to help raise standards of education."

Paul Halliwell, school head teacher with staff and pupils

PUPILS CELEBRATE 'SAFER INTERNET DAY'

Ranelagh Primary School took part in a global day of action to ensure the security and well-being of its pupils when using digital technology.

The school in Stratford celebrated the day as part of a Safer Internet Week, and children created a positive message around using the internet by hosting two special assemblies. They used film to produce short informative messages, created posters and took part in classroom discussions and activities.

The pupils explored how people communicate online and the impact of their words on other people's feelings. The children created online safety rules and used slogans to help the others remember the day's messages, such as 'Before you say what's on your mind, ask yourself, is it kind?'

The whole school took part in classroom activities to discuss the important aspects of the subject, including the safe and responsible use of technology, and to produce work that highlighted important messages.

Head to academy for healthy food

Newham residents keen to adopt a healthier lifestyle can sign up for holiday lunch clubs which combine fun activities with practical advice on healthy eating.

The Holiday Lunch Clubs are run by the Food Academy in partnership with Newham Council and are funded by Diabetes UK, the British Heart Foundation and Tesco.

The clubs will give local families the opportunity to do something fun and sociable while learning new ways to keep the children and themselves active and healthy.

The Food Academy is a local social enterprise, and has been providing delicious cookery classes to Newham and beyond for five years.

Healthy meals created at the Food Academy

Carlos Montes, Director of the Food Academy, said: "The holiday lunch clubs offer mothers and children in Newham the amazing opportunity to enjoy free hands-on cooking, banghra dancing and Pilates while getting great tips to introduce healthy and fun changes to their daily lives."

If you are interested in joining the Holiday Lunch Clubs, which start this Easter at East Ham Leisure Centre, contact the Food Academy at **020 8127 6557** for more details.

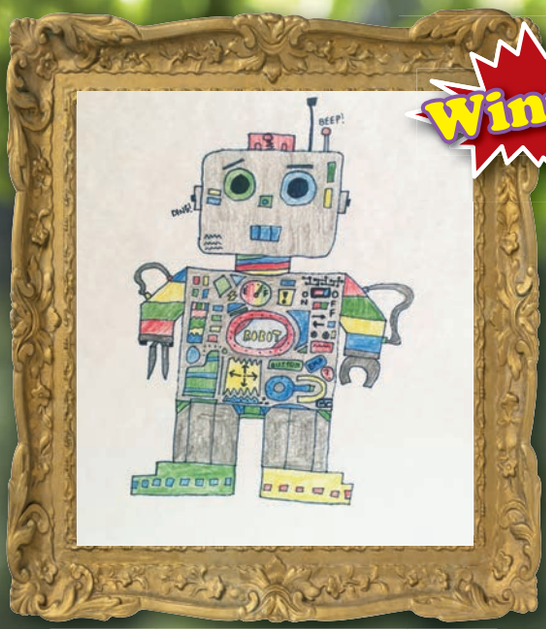
Kids' Corner

PLEASE SEND YOUR DRAWINGS, JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
OR EMAIL THEM TO
newham.mag@newham.gov.uk

Don't forget to write your name, age, address and daytime contact telephone number on the back of your entry

Gallery

Hafsah khan, 8



Myron Aczon-Manwaring, 9

Niladri Kar,5

Amana Ahmed, 9

Tickets to Stratford Picturehouse

This issue's winner receives a free family ticket at Stratford Picturehouse, which includes a kid's popcorn and drink.

To be in with a chance of winning this or another great prize send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU**. Don't forget to write your full name, age, address and daytime contact telephone number on the back of your entry. **Good luck!** Visit www.picturehouses.co.uk to see what's on.

Stratford Picturehouse, Theatre Square, E15

Colour-me-in Wordfit

3 letters
APE
EMU
LEG
LOP
OAK
OWL
PIN
PUN
ROE
RUN
TIP

4 letters
ATOM
EAST
FLOG
IDOL
MESS
MOOD
SALT
TAKE
TERM
ZOOM

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Poem

Spring has come
It's time to run!
New animals alive
Let's go to the farm,
As the gloom has gone.
Chocolate eggs are made
Yum Yum in my tum!
Hours of fun.
All the beautiful blossom trees,
And the lovely smelling flowers.
As the day draws to an end,
I watch the sun set the colours
so beautiful,
I never want it to end!

By Zahra Khan, 9

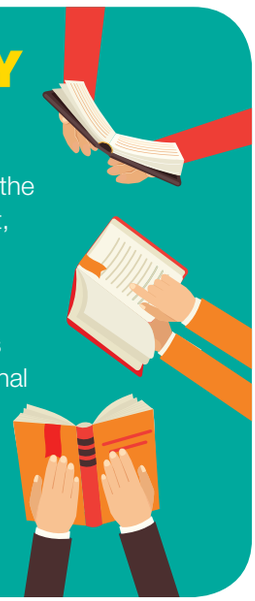
WHAT'S ON?

Download our What's On app at www.newham.gov.uk/neighbourhoodevents

OUR THRILLING THREE...

1. **City Read Family Event** – Come and turn an old book into something new. Session for families to make craft to take home, plus a free City Reads book, Ten Days by Gillian Slovo. Sat, 9 April, 1-2pm, Green Street Library, E13.
2. **Martial Arts** – Get active and get moving, gain self-confidence and respect. Ages 7 to 12. Entry £2 per person. Tues, 6.45-7.45pm, Thurs, 4.45-5.45pm, Beckton Library, E6.
3. **Hatha Yoga** – Bring your own mat and wear comfortable clothes for a session guaranteed to stretch those stiff and lazy muscles. Over 18s, £3 entry fee. Fridays, 10.45-12.15am, Jack Cornwell C.C, E12.

WORLD BOOK DAY ACTIVITIES



Free activities open to everyone to get into the spirit and celebrate World Book Day on Sat, 2 April. It's a chance for you to dress up in traditional national clothes.

- Plaistow Library, E13, 10– 11am: Stories from around the world, 12-1pm: Traditional Dance Performance and 2-3pm: Traditional Folk Tales for all ages.
- Manor Park Library, E12, 1.30– 2.30pm: Join our local author read a story.

TRY SOMETHING NEW... ROYAL DOCKS BIODIVERSITY SPRING GARDEN EVENT

A rare chance to get stuck in with the massive conservation activities in the Royal Docks. They include children's gardening, seed bombs, scarecrow making, and sunflower tins. Don't worry adults can join in too. Thurs, 7 Apr, 11am-4pm. Royal Docks Learning Activity Centre, Albert Road, E16. Free lunch will be provided.

Indicates free sessions

Libraries unless stated

UNDER-FIVES

Toy Library
Introducing toddlers to borrowing toys. Thurs, 11-12noon, Beckton

Storytelling
Mon 11am-12noon, Tues 10.30-11.30am, Beckton; Tues 10.30-11.30am, Thurs 2-3pm, Plaistow; Sat 11.30am-1pm, Green St; Tues, 10.45-11.30am, Canning Town; Tues, 10.30-11.30am, Thurs 9.45-10.45am, East Ham; Tues 11am-12noon, Fri 11am-12noon, Stratford; Fri, 10.30-11.30am, Manor Park; Mon, 10.30-11.30am, Custom House; Tues, 10.30-11.30am, The Gate

Stay and Play
Support for parents and carers to develop their child through play. Tues, 9.30-11.30am, Jeyes C.C; Tues, 10am-12noon, Grassroots; Thurs, 1.30-3.30pm, Jack Cornwell C.C; Mon, 10.30-11.15am, Custom House; Tues, 10.30-11.15am, The Gate

Music and Movement
Sessions for parents/carers and children. Mon, 10.30-11.30am, Grassroots

Jiggaree Session (term time)
Fri, 10-11am, Plaistow

Reading Together
Thurs, 2.30-3pm, Custom House

Rhyme Time
Mon, 2.45-3.30pm; Tues, 10.30 –11.15am, North Woolwich

Bumps and Babies
Fri, 1.30-3.30pm, The Gate

YOUNG PEOPLE

Games Club (7-16yrs)
Sony PS3, XBox360, Nintendo Wii, board games and more. Thurs, 4-6pm, Plaistow; Tues, 3.30-5.30pm, Custom House; Weds, 3.30-5pm, The Gate; Thurs, 4-6pm, Canning Town; 5-7pm,

Beckton Globe (5-12yrs)

Froud Young Project (7-16yrs)
Activities for young people. Mon, 3.30-5.30pm, Jack Cornwell C.C

Arts and Craft Workshop (5-12yrs) Tues, 4-6pm, Plaistow; Sat, 2-3pm, Canning Town; Sat, 2-3pm, Custom House; Sat, 2-3pm, North Woolwich; Weds, 5.30-7.30pm, East Ham; Thurs, 6-7.30pm, Manor Park

Young Readers Club (7-12yrs)
Read and discuss your favourite books. Tues, 4-5.15pm, North Woolwich

East Ham Youth Zone
Sony PS4, DJ decks and other activities. Tues, 4-7pm, East Ham

Countries Culture Club
Weds, 5.30-6.30pm, Green St

Kids Dance
Sat, 6-7pm, Green St

Multi Games (6-12yrs)
Mon, 5-6pm, Green St

Interactive Learning
Tues, 5-6.30pm, Green St

Family Movie Club
Free films for all the family. Fri, 5.30-7pm, Manor Park

Time-2-Craft (16+)
Sat, 10-12noon, Stratford (term-time)

Homework Club
Fri, 4-5pm, Beckton; Fri, 3.30-5.30pm, Canning Town; Fri, 4-5.30pm, East Ham; Sat, 2-3.30pm, Manor Park; Mon, 3.30-4.30pm, North Woolwich; Mon, 3.30-5pm, Plaistow Library; Mon, 4-6pm, Stratford; Sat, 10.30-12.30pm, The Gate

Film Club (16+)
Thurs, 1-3.30pm, North Woolwich

Children's movie club (5+)
Thurs, 4-7pm, North Woolwich
Sat, 5.30-7pm, Manor Park;
Thurs, 4-6pm, The Gate

Board Games Club
Tue, 4-5pm, Sun, 1.30-2.30pm, Stratford; Wed, 6-7.30pm, Manor Park; Sat, 11am-12noon, North Woolwich; Fri, 5.30pm-6.30pm, Beckton

Young People's Positive Activities (9-19yrs)
Wed, Fri, 7-9pm, Harold Road Centre; Wed, Thurs, 5.30-8.30pm, Katherine Road C.C.

Elevated Aspirations
Young 'N' Gifted Choir. All young people are welcome to join. Wed, 6.30-9pm, Stratford, email shaka@youngngifted.org or call 07956 436 743

Family Film Night
Sat, 5.30-7.30pm, East Ham

Reading and Craft Session
5.30pm-7pm, Tue, 29 Mar-1 Apr, and Tue, 5 Apr – Sat, 9 Apr, Manor Park

Recycling Session
Mon, 4 Apr, 3-4pm. Manor Park

Crafty Challenges
Fri, 5:30-6.15pm. All ages welcome, East Ham

Popcorn Films
Tues, Sat, 4.30pm-6.30pm. Beckton Globe

Karaoke Night
Mon, Fortnightly, 6-7.30om Beckton Globe Youth Zone

East Ham Performing Arts
Fri, 6.30-7:30. All ages welcome, East Ham

Spring Break activities
25 Mar-9 Apr, Green Street. For times and days, contact. CN.GreenStreet@newham.gov.uk or phone 0203 373 0857

Market Games
Weds, 6 Apr, 2-5pm, Queens Market. Free Sport for young people aged 8-19 this half term. For more information email: CN.GreenStreet@newham.gov.uk or phone 0203 373 0857

Model Train Workshop
Mon, 12.30pm to 3.30pm North Woolwich

ACTIVITIES AND SUPPORT

Afternoon tea
Weds, 4-5.30pm, Canning Town

Chess Club
Tues, 3.45-5.15pm, Beckton; Mon, 5.30-7.30pm, and Thurs, 5.30-7.30pm, East Ham; Weds, 5.30-7.30pm, Green St; Thurs, 5.30-7.30pm, Stratford; Tues, 5.30-7.30pm, The Gate

Coffee Mornings
Mon, 11am-12.30pm, North Woolwich; Tues, 10-11.30am, Beckton; Tues, 11am-12.30pm, Custom House; Thurs, 10.45am-12noon, Canning Town

Do It Online (18yrs+)
Six-week or eight-week basic computer training. Advance booking required, contact library directly. Tues, 10am-12noon, East Ham; Weds, 2-4pm, Stratford; Tues, Thurs, 11am-1pm, Green St; Tues, 10am-12noon, Katherine Road C.C; Tues, 2-3.30pm, North Woolwich

Knit & Natter (16yrs+)
Weds, 10am-12noon, Beckton; Fri, 10.45-12noon, Canning Town; Fri, 10am-12noon, East Ham; Tues, 10.30am-12.30pm, Manor Park; Fri, 10am-12pm, Plaistow

ICT Surgery IT advice for all ages. Fri, 2-4pm, Canning Town

Love Newham app drop-in Learn how to report issues via the app. Mon, 10.30-11.30am, The Gate

ICT Drop-in Session
Set up a My Newham profile and create an email account. Fri, 11am-1pm, The Gate; 10.30am-12.30pm, Green St; Weds, 10.30-12noon, Stratford

Deafroots Deaf Club
Including quizzes, prizes, refreshments. Mon, 1.30-3.30pm, Stratford. New members £2, existing members £1. Email angel@deafroots.org.uk or text on 07985 242 778.

Support in Action
Thurs, 12noon-4pm, Jeyes C.C

SpEC Speaking English with Confidence
Mon, 10-11am, Plaistow; Mon, 11am-12noon, East Ham; Weds, 10-11am, Beckton; Sat, 10am-12noon, Stratford

Adult Reading Groups
Sat, 12noon-1pm, Green St. Email CN.GreenStreet@newham.gov.uk; Thurs, 6.45-7.45pm, 7 Apr, Plaistow

Life in the UK Classes
12-week course. Contact 020 8542 3904. Weds, 10am-12noon, East Ham; Weds 12.30-2.30pm, Fri 10am-12noon, Plaistow; Fri, 12.30-2.30pm, Green St

ESOL for Beginners
Tues, Fri, 1-3pm, Plaistow; Tues, Fri, 9.30am-12.30pm, Jack Cornwell C.C; Weds, Thurs, 9.30-11.30am, Katherine Road C.C; Mon and Weds, 9.30am-3pm, Beckton C.C. Call 020 8522 5772 to enrol.

ESOL for Absolute Beginners Weds, 9.30am-2pm, Katherine Road C.C; Mon, 10-11am, Green St

Safer Neighbourhood Drop-in Weds, 10am -11am. Stratford; Thurs, 31 Mar, 10-11.30am, Canning Town; Tues, 29 Mar, 11am-12.30pm Custom House

Get Connected
Bring your laptop, tablet or smartphone and learn how to make the most of your device. Tues, 1-2pm, Green St

Sewing Class
Weds, 10am-12noon, Beckton C.C. £2 per session.

Ballroom Dancing (18yrs+) Tues, 2-3pm, Beckton C.C; Thurs, 2.30-4pm, Field C.C

Interview Skills Practice
Thurs, 5-6pm, Green St. Book a place by ringing 020 3373 0857 or email CN.GreenStreet@newham.gov.uk

Let's Job Hunt
Thurs, 6-7.30pm, Green St. Book a place by ringing 020 3373 0857 or email CN.GreenStreet@newham.gov.uk

Citizens Advice Sessions Advice sessions on money management, energy saving and debt. Appointment only. Mon, 11am-1pm, Manor Park

Introduction to Newham Online Course More than 500 free courses. Sat, 11am-12.30pm, Manor Park

Basic Computer Skills Fri, 10.30am-12.30pm, Manor Park

My Newham Workshop Register with My Newham and access council services. Tues, 6-7.30pm, Manor Park

English Conversation Club Practise your spoken English. Mon, 6-7.30pm, Weds, 10.30-11.30am, Manor Park; Thurs, 3-4pm, Rabbits Road Institute, E12 5JY

Together We Can Group for adults under 50 who have had a stroke. Fri 1 Apr, 2-4pm, Plaistow

Stratford London Toastmasters Public speaking & leadership club. 1st and 3rd Monday of each month, 6-8pm, Stratford

Let's Get Crafting Weds, 10.30am-12.30pm, Green St

Embroidery Group Thurs, 10.30am-12.30pm, Manor Park

International Lunch Club Cost £3 per meal. First come, first served. Mon, 12noon, Beckton C.C.

Docklands Drop-In Group Weds, 1-3pm, Beckton C.C.

Chai and Chat Women Group (18+) For women who use the mental health service only. Weds, 10.30-12.30pm, Plaistow

BPCA Day Care Centre For people with multiple disabilities. Mon-Fri, 9am-4pm, Beckton C.C.

Workplace Drop-ins Discuss job vacancies training etc. Weds 6 Apr, 2-4pm, Stratford, email:rehana.b@newham.gov.uk; Thurs 7 Apr, 2.30-4pm, Canning Town

Employment Support Session Weds, 30 Mar 5.30-7.30 East Ham

COMMUNITY ACTIVITIES

Mums2be Meetup Information and support for expectant parents. 3rd Sat of every month, 10-11am. Email newham@nct.org.uk

Mums, Bumps and Babies Fri in various cafes around Newham. Visit www.netmums.com or email jojostevie@live.com

Junior Volunteer Police Cadets (10-12 yrs, term time) Weds, 3.30-5pm, Little Ilford School, Browning Rd, E12, £1.

Senior Volunteer Police Cadets (13-17 yrs) Weds, 6.30-9pm, Little Ilford School, Browning Rd, E12, £2.50. Thurs, 6.30-9pm, Eastlea Community School, Exning Rd, E16, £2.50. Call 07500 881 378

Baby Sensory Play Group Fri, 1-2pm, Green St

BOXING AND SELF DEFENCE

Boxing (Newham College) Mon, 5-6pm, East Ham College, High St South, E6

Fight For Peace Boxing Mon to Fri, 4-5pm 10-14yrs; Mon to Fri, 5-9pm, 14+yrs Woodman St, North Woolwich, E16. Call 020 7474 0054

West Ham Boys ABC Mon, Weds, Fri, mixed (8-16yrs), 5-6pm, Sat, boys (6-11yrs), 10-11am, girls (7-16yrs), 11am-12noon, £2. 2 London Rd, E13. Call 020 8472 3614

Boxing and Self Defence (16+) Tues, 5.15-6.15am, Jack Cornwell C.C

HEALTH AND FITNESS

Salsa Dancing (18yrs+) Mon, 3.15-4.45pm, Beckton C.C; Tues, 11.45am-12.45pm, Field C.C

Nordic Walking Weds, 9.15-10.30am. Meet at Field C.C. Not suitable for wheelchairs. Call 07783 660 429

Tai Chi Class Fri, 10-11am, Beckton C. C. Fri, 11am-12pm, The Gate

Let's Yoga Cost £7.50 for 10 weeks, for 50+. Mon, 10-11.30am, Beckton C.C. TT; Mon, 6-7.30pm, Green St, £1. Thurs, 6.30-7.30am, £5 per session, Grassroots, Weds, 7-9pm, Sat 10am-12pm, Jeyes C.C. £1. 16+. Thurs, 6.15-7.45pm, The Gate

Tone-Tastic 18+ Mon, 2-3pm, Weds, 9.30-10.30am, Field C.C.

Aerobics Tue, 9.30-10.30am, Jack Cornwell C. C £2

Keep Fit to Salsa (18+) Tues, 11.45am-12.45pm, Field C.C; Mon, 3.15-4.45pm, Beckton C.C.

Zumba Registration essential. All ages Tues, 10.30 -11.30am (Free) Field C.C. Mon, 9.30 to 10.30am (£3 pp). Fri, 9.30 to 10.30am £2pp, Over 50s Free. Jack Cornwell C.C. Thurs, 10:15 to 11:15pm (£2.50pp) (women's only), Contact: bodyshapefitness4@gmail.com for more information. Stratford Library; Fri, 12:30pm 1:30pm for over 50's (free), The Hub

Bollywood Exercise Class (14+) Sat, 11am-12noon, Katherine Road C.C.

Slimming World Mon, 5.30-9pm, Beckton C.C. £5 per session

Circuits/Bootcamp (14yrs+) Tues, 5.30-6.30pm, Newham College, Stratford Campus, E15 4HT. Email: sports@newham.ac.uk

50+ ACTIVITIES

Bingo (50+yrs) Mon, 12-1pm, Beckton C.C; Mon, 12-4pm, Jeyes C.C; Thurs, 7-9pm, Jack Cornwell C.C

ICCAN Faith based group with cultural activities. Fri, 12-2pm, Jeyes C.C

Active Centre 50+ Group Weds, 12noon-4pm, Field C.C; Mon, Wed, Fri, 1.30-4pm, Beckton C. C.

Dominos Group Fri, 6-10pm, Field C.C

Chair Based Yoga Tues, 12.30-1.30pm, Manor Park

Forever Young Enjoy community activities and make new friends. Weds, 11am-1pm, Beckton; Weds, 10.30am-12.30pm, Field C.C.

Pilates Classes Tues, 9.30-10.30am, Field C.C

Happy Living Club Indoor and outdoor activities. Tues, 1.30-5.30pm, Jeyes C.C

Holiday Spanish Club Weds, 12.30-1.30pm, Manor Park

Walking Football Tues, 10-11am, Priory Park E6 1QH. Email dgheerawo@westhamunited.co.uk or call 07803 210 299.

Soca Aerobics Fri, 3-4pm, Grassroots C.C.

Age UK East London Nordic Walks (18+) Mon, 10.30-11.30am, meet at Hackney Marshes Centre, Homerton Road, E9. Call 07989 938 242

Steel Pan Music Therapy For people with learning and physical disabilities, Dementia and stroke. Fri, 12-2pm, Beckton C.C

Zumba & Indian Dance Designed for 50+ but all ages welcome. Fri, 12noon-1pm, Jeyes C.C.

Get Active, Get Healthy, and Exercises for Fitness
Thurs, 10.30-11.30am, Manor Park

Get Active, Get Healthy – Walk to the park
Mon, 10.30-11.30am, Manor Park

Backsercise
Tues, 6-7pm, The Gate.

Drop-in Embroidery Class
Mon, 11am-1pm, East Ham Market Hall, E6 1HY

GREEN

Green Gym
Weds, 10am-1pm, meet at Visitor Centre in East Ham Nature Reserve, Norman Rd, E6. Call 07845 973 156

Green Volunteering
Tues and Thurs, 10am-2pm. Silvertown Wy, E16 (opp. Hallsville Rd)

Garden Club
Tues, 1-3pm, Thurs, 4-7pm, Sat, 10am-4pm, Abbey Gdns, Bakers Row, E15

Gardening Thymes Gardening Club Fri, 11am-1pm, Bowling Green,Central Park, High St South, E6

Grow Together Be Together Community Gardening Club
Weds, 10am-1pm. Sat, 1pm-3pm, Flanders Field, Melbourne Rd entrance, E6. Call 020 8586 7070

Caravanserai Garden Volunteering Thurs and Sat, 11am-3pm, Silvertown Wy, E16. For information call 07773 863 384

Community Gardening
Tues, 10am-12pm, Beckton C.C; Tues, 4-6pm, St Johns Green Community Garden

Green Volunteering
Meeting: Thurs, 5-7pm, North Woolwich Library

DOORSTEP CLUBS

Call 0300 124 0123. unless otherwise stated.

Athletics Club (14yrs+)
A multi-sport session focusing on athletics, football and the gym. Tues, 6-7pm, Newham Leisure Centre, E13. Call 07718 394 756

Gym & Basketball (14yrs+)
Tues, 6-10pm, £2, Rokeby School, Barking Rd, E16

FEMALE SPORTS

Basketball Sessions
Tues, 4-5pm, Chobham Academy, 40 Cheering Ln, E20

Dare2Dance (12-16yrs)
Street dance, Fri, 3.30-5.30pm, Newham Leisure Centre, E13

Female Boxfit (14yrs+)
Mon, 4.15-5.15pm, Balaam Leisure Centre, E13. Call 07970 783 526

Girls Football (11-16yrs)
Tues, 4-5.30pm, Thurs, 5-6pm, Newham Leisure Centre. Fri, 5-7pm. Term time only. Memorial Park, E15

Girls Group Cycling (11-15 yrs)
Tues and Thurs, 5-5.30pm, Newham Leisure Centre, E13

Just Play (14yrs+)
Weds, 6.30-8pm, multi-sports (term time). Cumberland School, E13. Call 0300 124 0123

Women's Martial Arts (16yrs+) Tues, 5.15-6.15pm, Jack Cornwell C.C. Ring 07473 030 250

Female Only Gym Sessions
Mon, 3-4pm, 16-25yrs. Mon and Weds, 7.30-10.30pm. Tues and Thurs, 12noon-1.30pm. Sun, 3-5pm, 11-15yrs, Newham Leisure Centre, E13. £4.65

Get Back into Netball Tues, 6-7.30pm, juniors; 7.30-9pm, seniors. £2. Lister Community School, E13. Call 07717 281 529

Abs Blast (11-15yrs)
Thurs, 5.30-6.30pm, £3.10, Newham Leisure Centre, E13

Female Only Zumba
Tues, 6-7pm, Forest Gate Community School, Forest Ln, E7. Thurs, 6.30-9pm, The Well C.C, Vicarage Ln, E6. £1. Call 07741 292 902; Thurs, 10.15-11.15am, Stratford, £2.50; Mon, Weds, 6.30-7.30pm, Asta Community Hub, 14A Camel Road, E16 2DE. £2.50

Fun Female Fitness (14yrs+) Weds, 5-6pm, Newham College, East Ham Campus, E6 6ER. Email: sports@newham.ac.uk

Netball (14yrs+)
Mon, 5-6pm, Newham College, East Ham Campus, E6 6ER. £1 for non-Newham College students. Email: sports@newham.ac.uk

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Ability Club (14-25yrs)
Multi sports for disabled young people. Weds, 5.30-6.30pm and Fri, 4.45-6pm, NewVic, E13

Athletics (8-18yrs)
Tues, 4.15-6.15pm, Brampton Manor, Roman Rd, E6. Thurs, 4.30-5.55pm, St Angela's Ursuline School, E7. Email cnourrice@englandathletics.org

Get Fit for Free
Tues, 1.30-3.30pm and Fri, 10am-12noon. Gym use for people with learning disabilities. Newham Leisure Centre, E13. To book an induction call 0300 124 0123

Sensory Play (U5yrs)
Weds, (term time) 1.30pm-3pm, Oliver Thomas Children's Centre, Mathews Ave, E6. Email Naomi.ferron@oliverthomas.newham.sch.uk or call 020 8821 0997

Swim for Families Dealing with Autism
Weds, 4-5pm, Balaam Leisure Centre, E13. Call 0300 124 0123

Support In Action (18yrs+)
Indoor and outdoor activities, advice and support. Thurs, 12noon-4pm, to Jeyes C.C

Family Swims
Sat, 4.30-5.30pm, Newham Otters Swimming Club, Newham Leisure Centre, E13. Call 0300 124 0123. Sun, 12.30-2pm, Family Swim, Balaam Leisure Centre, E13. £5. Call 0300 124 0123.

RUNNING

Beckton Park Run
Sat, 9am, Beckton Park South, E16. Call 07718 394 756 www.parkrun.org/beckton

Run England
£2 unless stated. Sun, 10am-12noon, Newham Leisure Centre, E13 (meet on track). Mon, 4-5.30pm, Newham Leisure Centre, E13 (meet on track). Mon, 5.45-6.45pm, Newham Dockside, E16 (meet at reception). Weds, 12noon-1pm, Newham Dockside, E16 (meet at reception). Thurs, 5.15-6.15pm, UEL Docklands Campus, E16 (meet at reception). Sat, 10-11.30am, Wanstead Flats, E12 (meet at Harrow Rd Changing Pavilion). Sat, 10-11.30am, Memorial Park, E15, £4 (meet at cark park). Call 07718 394 874.

West Ham Park Run
Sun, 11am. Meet at Central Park Keepers Lodge, E6. Call 020 8257 4505

East End Road Runners
Tues and Thurs, 7pm. Sun, 9am. Meet on the track. Coached sessions for all abilities. Newham Leisure Centre, E13. Call 07979 261 647.

SPORTS

Fencing with Newham Swords Tues, 6-9pm, Thurs, 6-9pm, Fri, 7-10pm. Classes for adults (18+), and mini-pirates (4-7yrs). UEL SportsDock Call 07956 618 898

Cricket (14yrs+)
Tues, 6-8pm, Newham Sixth Form College, E13. Call

Ratheesh on 07476 269 226

Lister Table Tennis Satellite Club (11-25yrs)
Weds, 6.30-8pm, Newham Sixth Form College, E13. £1. For information call Shiri on 07888 830 179

Indoor Cricket (8-16yrs)
Weds, 6-8pm, £2, Lister Community School, E13, email michelle.daniel@activeNewham.org.uk

Black Arrows Badminton Club
Adults: Fri, 7-9pm, Juniors: Sat, 10am-12noon, £3.70, East Ham LC. Adults: Weds, 7-10pm, UEL SportsDock. Call 07932 037 173

Newham and Essex Beagles Athletics Club
Mon and Weds, 6-9pm. Foundation groups (8-10yrs). Mon, 7-8pm and Weds, 6-7pm, £5. Terence McMillan Stadium, Newham Leisure Centre, E13. www.newhamandessexbeagles.co.uk

BMX (6-16yrs)
Sun, 10am-12noon, £3. Gooseley Playing Fields, St Albans Ave, E6. Call 07961 333 615

Mini Tennis Courses (4-16yrs) Tues: 4-5pm, 5-6pm, East Ham Leisure Centre, 324 Barking Road, London, E6 2RT. Thurs: 4.30-5.30pm, 5.30-6.30pm, 6.30-7.30pm, Newham Leisure Centre, 281 Prince Regent Lane, London, E13 8SD. Sat: 4-5pm, 5-6pm, Central Park (tennis courts), High Street South, East Ham, E6 6ET. Sun: 12-1pm, 1-2pm, Stratford Park (tennis courts), West Ham Lane, Stratford, E15 4PT Contact: michelle.daniel@activenewham.org.uk 07741 293 513

Adult Tennis (16+) Sat: 9-10am, 10-11am, 11-12pm, Central Park (tennis courts), High Street South, East Ham, E6 6ET. Sun: 9-10am, 10-11am, 11-12pm, Stratford Park (tennis courts), West Ham Lane, Stratford, E15 4PT Contact: michelle.daniel@activenewham.org.uk 07741 293 513

Table Tennis (14yrs)
Thurs, 4.40-6pm, Newham College, East Ham Campus, E6 6ER. Email: sports@newham.ac.uk

Volleyball with Newham College (14yrs+)
Thurs, 5.30-7pm, East Ham Leisure Centre
Email: sports@newham.ac.uk

FOOTBALL

AIR Football (16yrs+)
Tues, 1-3pm, Fri, 10am-12noon, Memorial Park, Memorial Ave, E15. Fri, 3-5pm, Beckton Powerleague, E6. Visit www.airfootball.co.uk

Football and Athletics
Thurs, 4-5.30pm, Britannia Village, 65 Evelyn Rd, E16

Football & Multi Sports
Mon, 4-5.30pm, Newham Leisure Centre, E13.
Weds, 5-6pm, Stratford MUGA, West Ham Ln, E15

Mayor's Football League
U10yrs, U12yrs, Mon, 4.30-6pm, U16yrs, U18yrs, 6-7pm Newham Leisure Centre, E13

Premier League (16yrs+)
6-a-side (4 subs) Weds, 7-10pm, Newham Leisure Centre, E13

WHU Kicks
Mon, Tues, Fri, 4-7pm, WHUCST, Beckton 3G, 60A Albatross Cl, E6. Thurs, 6.30-7.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12. Thurs, 6.30-7.30pm, Stratford Park MUGA, West Ham Ln, E15. Sat 10.30am-12noon, Newham Leisure Centre, E13

Ascension Football
Sat, 10-11.30am, £3. Reception to 11yrs. King George V Park, King George Ave, E16. Call 07806 584 925

BASKETBALL

Basketball & Multi Sports
Fri, 5-6.30pm, 8-19yrs, Snowshill MUGA, Snowshill Rd, E12

Basketball Sessions
Thurs, 5.30-6.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12

National League
Mon, 6-8pm, U13/14yrs, Tues, 6-8pm, U15/16yrs, Rokeby School, E16.
Thurs, 4.30-6pm, U13/14yrs boys, U14yrs girls; 6-8pm, U16yrs, Newham Leisure Centre, E13, 6-8pm, U18yrs, Cumberland School, E13

NCFE Sports – Basketball
Thurs, 5-7pm, East Ham Leisure Centre. To register email sports@newham.ac.uk or call 020 8257 4255

Senior Programme
Mon, 7.30-9.30pm, Division 2 women and division 3/4 men. Rokeby School, E16. Call 07947 401 616

Basketball (14yrs+)
Tues, 5.30-6.30pm, Forest Gate Community School, E7 9BB. Email: sports@newham.ac.uk

COMMITTEE MEETINGS

All meetings take place at Newham Town Hall, Barking Rd, E6, unless otherwise stated

Tues, 29 Mar, 7pm, Strategic Development Committee, Old Town Hall Stratford

Thurs, 31 Mar, 10am Licensing Sub-committee

Mon, 4 Apr, 11am, Chief Officer Appointments Sub-committee, Newham Dockside

Weds, 6 Apr, 6.30pm, Investment and Accounts Committee

Thurs, 7 Apr, 9am, Mayoral Proceedings

10am, Licensing Committee

CONTACT THE MAYOR

***Here to Help* sessions**
Please register by attending the venue 30 minutes before the advertised time.
Thurs, 7 Apr, 11am, Stratford Old Town Hall

CONTACT DETAILS

LIBRARIES & COMMUNITY NEIGHBOURHOODS

Beckton Globe 1 Kingsford Wy, E6
Canning Town Barking Rd, E16
Custom House Prince Regent Ln, E16
East Ham 328 Barking Rd, E6
Green Street 337-341 Green St, E13
The Gate 6-8 Woodgrange Rd, E7
Manor Park 685-691 Romford Rd, E12
North Woolwich 5 Pier Parade, E16
Plaistow North St, E13
Stratford 3 The Grove, E15
Archives and Local Studies 020 3373 6881
Community Outreach 020 337 30813
Church of God 37 Manor Park Road, E12, 020 8911 9494
The International Quarter Marketing Suite Celebration Avenue, E20 1DB

LEISURE & SPORTS VENUES

Balaam Leisure Centre 14 Balaam St, E13
East Ham Leisure Centre 324 Barking Rd, E6
Newham Leisure Centre 281 Prince Regent Ln, E13
NewVic Prince Regent Ln, E13
UEL SportsDock Docklands Campus, University Wy, E16
West Ham United Football Club Boleyn Ground, E13 9AZ

COMMUNITY CENTRES (C.C)

Beckton Community Centre 14 Manor Wy, E6, 020 7511 1214
Field Community Centre 147 Station Rd, E7 020 8536 2800
Grassroots Centre Memorial Park, Memorial Ave, E15, 020 3373 0650
The Hub 123 Star Ln, E16 020 3373 0750
Jack Cornwell Community Centre Jack Cornwell St, E12 020 8553 3459
Jeyes Community Centre 1 James Cl, E13, 020 3373 2205
Katherine Rd Community Centre 254 Katherine Rd, E7 020 8548 9825
St Mark's Community Centre 218 Tollgate Rd, E6 020 7474 1687
Vicarage Ln Community Centre Govier Cl, E15, 020 8519 0235
Harold Road Centre 170 Harold Road, E13 0SE 020 8472 2805

All listings may be subject to change. Please contact individual events and activities before attending.

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www.gov.uk/registertovote

Mayor of London and London Assembly elections – Thursday 5 May 2016